



E-Mail Newsletter

MAY 15, 2008

MAY VOLUME 3, NUMBER 4

"Friends

Helping

Friends."

Everyday is

A gift, that's

why we

call

today,

"the

present"

Taking care of you

Summer is almost here, for some of you, you never thought winter would end, it sure has been a crazy weather year. As you see your trees coming back to life and turning green, seeing the flowers bloom and hearing the birds sing brings a joy to ones heart. You have made it through the season even though you probably didn't think you would. Be proud of yourself, you are making progress, grief is a journey, an adventure really, not quite sure where you will end up or even how you will get there but it can be enlightening and you can find hope along the way.

Tips to Prepare for Your Grief Journey

Pack lightly – Your grief can be a heavy burden. You don't need to face everything all at once. Put down your excess baggage, it'll be there to pick up when you are able and willing to do so.

Bring along a companion – A supportive listener, a trusted friend, a clergy person, or a counselor can give perspective about your journey.

Know that there'll be some bumps and detours along the way. – A grief journey is never completely smooth, even though it may start out that way. Expect some rough terrain.

Find a navigator to guide you – By reading books on grief, consulting with others who've been through it, or getting support from your bereavement counselor, you'll find the road less treacherous.

Bring along extra provisions – Taking care of yourself with good nutrition, plenty of rest, and other self-care practices will make your journey more bearable.

Pause at rest stops along the way – If you have a support system of friends, relatives, or neighbors, now is the time to seek them out and open yourself up to their support.

Bring an umbrella – Storms are inevitable. Your personal resources, including your religious or spiritual beliefs, can serve as your umbrella.

There is sacredness in tears.
They are not the mark of weakness, but of power.
They speak more eloquently than ten thousand tongues.
They are the messengers of overwhelming grief, of deep
contrition and of unspeakable love.

Washington Irving

Until next month

Good grief

AnneGD@groww.org



Chatting Tips: staff@groww.org

When you do get in to the chat room, are you finding you can't keep up and the screen is too small? Look up at the top right hand corner and click

on the button which says FLOAT... it will open a new window... now MAXIMIZE that window by clicking on the square in the upper right hand corner... the square is between the "-" and the "x"... it will make the room larger, then type *chat font size 14 or 16

If you are having trouble connecting to the chat rooms, you may need to update your java. Are you getting that blue screen when you try to log on? Try this link and follow the instructions, it should solve your problem

<http://java.sun.com/getjava/download.html>


Help GROWW

GROWW is a 501© non-profit organization.

Any and all donations are tax deductible.

For a donation form click on the link below

<http://www.groww.org/helpgroww/orderform.htm>



Raise money for your favorite charity or school just by searching the Internet or shopping online with GoodSearch!

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HOT OFF THE PRESS



GROWW now has vanity plates for the front of your car. Send a check for \$20.00 to:

GROWW
11677 Douglas Road
Suite 102- PMB 101
Alpharetta, GA 30005

E-mail
newsletter@groww.org

We're on the Web!
www.groww.org

GRIEF

Guiding for Youth is open again!

GROWW is proud of the many different chat rooms and message boards available to meet the needs of many individuals. GROWW has opened our Guiding for Youth room, it began on April 20th from 7:00 pm to 8:30 pm EST. We feel extremely strong about meeting the needs for our youth and realize that this is a wonderful and safe environment open to them for discussing their unique grief.

As adults, we have a very hard time understanding why this has happened. Imagine how a child must process grief. Depending on their age a child's grief can manifest in many different ways, from being withdrawn to acting out. Having a safe environment to share their feelings is important and even if they are involved in a local child's grief support group this gives them an extend opportunity to share.

Sue (spotts) has agreed to host this very special room for your kids and I would give a very open invitation to any youth looking for friendship and sharing to stop by. Sue has been a member of the GROWW family for a while as a host in widows and can be found in GR from time to time. She has two sons so she can relate to what the kids may be feeling.

If you are looking for a support group for your child, you can check out www.dougy.org to see if one may be in your immediate area.

Libby
Director of Branches

Poetry

God gave me this beautiful poem the night before Easter Sunday. Some of the parents have requested that you use it for the GROWW News Letter. If you choose to do so, please let me know. The Glory Goes To God, not me, for I only held the pen as He wrote the words.

God bless you all,
Cheryl Young
www.rememberedbyus.com/SandiLorraineCobb

HAVE YOU EVER HEARD A PARENT CRY

HAVE YOU EVER HEARD A PARENT CRY
AT THE SIGHT OF THEIR NEW BORN BABE
SO FILLED WITH EMOTION AT WHAT THEIR
LOVE HAS MADE?

HAVE YOU EVER HEARD THEM CRY WHEN THEIR
BABE TAKES IT'S FIRST STEPS
SO TINY ON THEIR TOES THAT SIGHT WILL
TAKE AWAY YOUR BREATH?

HAVE YOU EVER HEARD THEM CRY AS THEY TAKE
THEM TO LEAVE THEM ON THEIR VERY FIRST DAY OF
SCHOOL? STANDING OUTSIDE THE CLASSROOM
WATCHING THEM WISHING YOU COULD TAKE THEM
BACK, TO THE TIME BEFORE THE RULES?

HAVE YOU EVER HEARD THEM CRY AS THEY GET
TO THAT BIG GRADUATION DAY, ALL GROWN

UP READY TO TACKLE THE WORLD, READY TO MAKE
THEIR WAY IN THIS GREAT BIG WORLD?

I HAVE HEARD EVERY ONE OF THESE FOR
THE TEARS HAVE BEEN MY VERY OWN
BUT THE CRY YOU WILL HEAR AND NEVER FORGET
IS THE ONE WHEN YOUR CHILD IS TAKEN FROM YOU
IN BUT A MOMENT, TAKEN TO OUR FATHER'S HOME.

OUR HEARTS SCREAM "WHY GOD OH WHY" AS THE
SOUND COMES FROM DEEP INSIDE ESCAPING FROM
YOUR LIPS .

"IT WASN'T SUPPOSED TO BE THIS WAY" YOU
HEAR YOURSELF SAY, YOU CRY FOR HELP
FROM GOD; "PLEASE PLEASE NOT MY BABY,
NOT THIS WAY."

OH YOU WILL BEG, OH HOW YOU WILL PLEAD
THAT KIND OF CRY WILL STAY WITH YOU
UNTIL THE DAY THAT GOD CLOSES YOUR EYES.

ONE DAY THE CRIES ARE AS FAST AS THE OCEANS
WAVES CRASHING ON THE SHORES, BUT THEN ONE DAY
YOU WILL NOTICE THAT THEY'VE GOTTEN
SLOWER AND SLOWER.

THEN ONE DAY YOU WILL FEEL THE SUNSHINE
ON YOUR SKIN, THE WIND REALLY BLOWING IN
YOUR HAIR, BUT WAY DOWN DEEP INSIDE
THIS PARENTS CRY WILL COME AGAIN
OF THIS, YOU CAN BE SURE.

HAVE YOU EVER HEARD A PARENT CRY?

copyright by Cheryl Young

March 22, 2008

In Loving Memory of Sandi Loraine Cobb

July 29, 1982 + May 3, 2003

I STILL LOVE YOU, MISS YOU AND THAT PAIN NEVER ENDS. MOMA LOVES YOU MUFFIN

RECIPE – Patti B.

CHICKEN POT PIE

Pot Pie Squares

Ingredients:

3 c. flour
1 large egg
1 Tbs.. solid vegetable shortening
1/2 to 3/4 cup water

Directions:

Mix the flour, egg, and shortening together. Knead this dough mixture, while alternately adding small amounts of water until the dough holds together well. Divide the dough into two or three pieces. Roll each piece to about 1/8" thick on a floured board. Cut the rolled out dough into squares - about 2 inches to 2-1/2 inches wide. Allow the freshly made pot pie noodle squares to dry for about 30 minutes or more before cooking. Many grocery stores have pot pie noodles already made up in bags in the pasta section.

The Stew

Three to four cups of shredded chicken or turkey leftovers can be used instead of a whole stewing chicken for this recipe. When using leftovers, use chicken broth instead of the 2 quarts water. With leftover chicken or turkey.

1 - 3 lb. stewing chicken
2 qts. water
5 medium potatoes - peeled and cut into bite size chunks
1 Tbs. dried parsley
1 tsp. salt
1/4 tsp. pepper
1 packet of saffron

Directions:

Cook the chicken in water until tender. Remove the chicken from the broth and separate the meat from the bones and skin. Cut or shred the cooked chicken into bite size pieces. Meanwhile, add the potatoes and seasonings including the saffron to the simmering broth. Cook for about 15 to 20 minutes, then add the pot pie squares to the broth mixture, a few at a time, stirring frequently so they don't stick together. After all have been added, cook gently for about 6 to 8 minutes or until the noodles are tender.

Add the chicken and cook over low heat, stirring occasionally for 10 to 15 minutes longer. Cover, and let stand for a few minutes before serving. This dish goes well with coleslaw.

The next issue will be sent on July 15th, until then, be safe and take care of yourself.